



Co-ed Softball for Adults

(Ages: 50 yrs and older)

Fall Softball for active adults. Are you ready to get out of the house and enjoy the weather and make new friends? We are offering a softball league for people 50 years and older. So get your shoes on, grab up to 15 friends, put on your game face and have a little fun. All rosters and fees will be due upon registration. If you do not have a team, but would be interested in playing, call 372-1086 ext. 204 and we will make your name available to teams looking for players.

1901.101 Mon/ Wed, Oct 2 - Nov 6 2:00pm-5:00pm
5 Week Session (No games on 10/9)
\$225 per team for City and Non-City teams
Snowden Baseball Fields
Registration begins: 8/21 City 8/28 Non-City



3 on 3 Basketball Tournament

(Ages: 18 yrs and older)

Come participate in our first ever 3 on 3 Winter Basketball Tournament for ages 18 and older. If enough interest, there will be a Men's Division, Women's Division and a Co-ed Division. Teams will consist of no more than 6 players per roster. Teams must provide their own numbered jerseys for each player. Identification for each player must be provided at registration. For more information or if you do not have a team, but would be interested in playing, call 372-1086 ext. 204 and we will make your name available to teams looking for players. Registration forms will be available November 1st.

DATES: Jan 5-6, 2007
Times and Location To Be Announced
\$40 per team for City and Non-City teams
Registration begins: 11/1 City or Non-City

Co-ed Volleyball

(Ages: 18 yrs to Adult)

Our co-ed recreational league is for adults 18 yrs and older and is designed for those seeking exercise, skill development, and FUN - not high level competition. All games will be officiated by certified referees. All rosters (12 players) and fees will be due upon registration. If you do not have a team, but would be interested in playing co-ed volleyball, call 372-1086, ext. 204 and we will make your name available to teams looking for players.



1820.102 Wed, Sep 20 - Nov 15 6:30pm-9:30pm
9 Week Session
\$200.00 per team City and Non-City Resident
Location to be announced.
Registration begins: 8/21 City 8/28 Non-City

Women's Volleyball

(Ages: 18 yrs to Adult)

Our recreational league for women 18 years of age and older is designed for those seeking exercise, skill development, and FUN - not high level competition. All games will be self-officiated. All rosters (12 players) and fees will be due upon registration. If you do not have a team, but would be interested in playing women's volleyball, give Janet a call at 372-1086 ext. 204 and she will make your name available to teams looking for players.



Fall Women's League
1820.108 Tue/ Thur, Sep 19 - Nov 16 6:30pm-9:30pm
9 Week Session

Winter Women's League
1820.202 Tue/Thur, Jan 9 - Mar 8 6:30pm-9:30pm
9 Week Session

\$85 per team City and Non-City team
Location To Be Announced
Registration begins 8/21 City 8/28 Non-City



Fitness & Dance

AEROBIC CLASSES

We offer ongoing aerobic classes at the Community Center. Review this schedule and the following page for descriptions.

Purchase a PUNCHCARD for these ongoing aerobics.

FEE SCHEDULE:

12 classes: \$37 City or Non-City

24 classes: \$60 City or Non-City

* As always, we invite you to try any of our classes for the first time FREE! To suit your life-style, we have a punch card system for aerobics that's easy and convenient to use. Just purchase a card for either 12 or 24 classes, then YOU pick the classes you attend. You have up to 8 weeks to use the 12 class punch card, and 15 weeks to use the 24 class punchcard. You only use a "punch" when you attend a class. See how easy we've made it to get in shape?!

Monday	Tuesday	Wednesday	Thursday	Friday
8:15-9:00am Early AM Sculpt/Tone Instr: Wrobel		8:15-9:00am Early AM Sculpt/Tone Instr: Wrobel		8:15-9:00am Early AM Sculpt/Tone Instr: Wrobel
9:05-10:00am Interval Workout Instr: Wrobel		9:05-10:00am Interval Workout Instr: Wrobel		9:05-10:00am Interval Workout Instr: Wrobel
	1:00-1:55pm Strength & Stretch for Active Older Adults Instr: Rice		1:00-1:55pm Strength & Stretch for Active Older Adults Instr: Rice	
6:00-6:55pm Strength/Tone/Sculpt Instr: Wrobel	6:30-7:25pm Step Aerobics Instr: Vuolo	6:00-6:55pm Strength/Tone/Sculpt Instr: Wrobel	6:30-7:25pm Step Aerobics Instr: Vuolo	



Fitness in Motion Classes

You must pre-register for these classes separately. NO punchcards to attend these classes.

Class dates and fees are listed with individual class descriptions. Many of these classes have limited space - register now.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					10:00-12:00pm Karate Instr: Morton
				12:30-3:00pm Line Dance Instr: Conlin	
5:30-6:30pm Karate Instr: Morton		5:30-6:30pm Karate Instr: Morton		6:30-7:30pm Tai Chi Instr: Riley	
				8:00-9:00pm Tai Chi Instr: Riley	

AEROBICS SCHEDULE

The fitness classes listed on this page are interchangeable with your purchase of the punch card.

12 classes: \$37 City or Non-city Resident

24 classes: \$60 City or Non-city Resident

** As always, we invite you to try any of our aerobic classes for the first time FREE! To suit your life-style we have a punch card system for aerobics that's easy and convenient to use. Just purchase a card for either 12 or 24 classes, then YOU pick the classes you attend. You have up to 8 weeks to use the 12 class punch card, and 15 weeks to use the 24 class punchcard. You only use a "punch" when you attend a class. See how easy we've made it to get in shape?!



Early Morning Sculpt & Tone

Start your day off guilt free with this early morning workout. Pam will get you moving and feeling great with a total body workout. A super way to get your workout in before you find an excuse. You'll find you have more energy throughout the day, and be glad you got out of bed in time to get in shape. ***Use with punch card.**

Monday, Wednesday, & Friday,
8:15am - 9:00am - Ongoing
Dorothy Hart Community Center
Instructor: Pam Wrobel, ACE & CPR certified

Interval Workout

We'll do a warm-up before engaging in a cardio / weight work-out. Alternating between the cardio and the weights, we'll have fun using free weights, bands, balls or step followed by a floor workout for your abs. We'll finish up with stretching and a cool down. ***Use with punch card.**

Monday, Wednesday, & Friday
9:05am - 10:00am - Ongoing
Dorothy Hart Community Center
Instructor: Pam Wrobel, ACE & CPR certified



Strengthen, Tone & Sculpt

If you want strong bones and to build muscles that burn fat, then come join us. We work on our entire body - upper body, lower body and abs, utilizing free weights, flexball, exercise tubes and more for a total body shaping experience. ***Use with punch card.**

Monday and Wednesday,
6:00pm - 6:55pm - Ongoing
Dorothy Hart Community Center
Instructor: Pam Wrobel, ACE & CPR cert.

Strength & Stretch for Active Older Adults

A TWO-PART CLASS MODIFIED FOR ACTIVE OLDER ADULTS. The first half-hour consists of modified weight training for more mature adults who desire to gain muscle and bone strength. We will help you burn fat and decrease bone loss. The second half-hour consists of flexibility training and balance through stretching techniques, including yoga and pilates. By gaining strength and flexibility you will improve your overall well being. ***Use with punch card.**

Tuesday & Thursday
1:00pm - 1:55pm - Ongoing
Dorothy Hart Community Center
Instructor: Barbara Rice, YMCA & CPR cert.



Step Aerobics

This high-energy class will challenge any step enthusiast with an aerobic-paced "warm-up", step excitement and right through the toning-oriented "cool down". It's a fast-paced, nonstop program packed with interesting choreography and upbeat music. Tammy's energized style will keep you motivated but not frustrated. Come join this fun class. You'll pack maximum fat burning into even the busiest schedule. ***Use with punch card.**

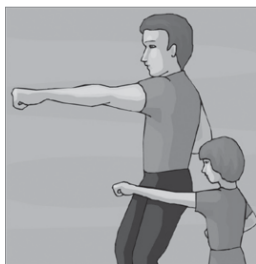
Tuesday and Thursday
6:30pm - 7:25pm - Ongoing
Dorothy Hart Community Center
Instructor: Tammy Vuolo, ACE & CPR certified

Tai Chi

(Ages: 16 yrs to Adult)

Tai Chi is an optimal exercise for all ages. It is an aerobic exercise without the risk of injury. Developed to enhance meditation, it was brought to this country by Da Liu. The instructor studied with Da Liu for five years and has practiced since 1981.

The exercise coordinates body, mind, and spirit. The ancient art of Tai Chi reduces stress, depression, blood pressure, and heart rate. It can improve natural breathing, vital energy, flexibility, balance, circulation, memory, and mental outlook. The exercise can enhance awareness for daily activities, sports and martial arts.



4444.103 Fri, Sep 8 - Nov 17 6:30pm-7:30pm
10 Week Session

\$60 City, \$80 Non-City Resident

Dorothy Hart Community Center

Instructor: Charles Riley

Registration begins: 8/21 City 8/28 Non-City.



Advanced Tai Chi

(Ages: 16 yrs to Adult)

This class is for people who already know Da Liu's form, but would like to practice with a group. We will explore more of the meditative and cultural relationships.

2310.101 Fri, Sep 8 - Nov 17 8:00pm-9:00pm
10 Week Session

\$60 City, \$80 Non-City Resident

Dorothy Hart Community Center

Instructor: Charles Riley

Registration begins: 8/21 City 8/28 Non-City

Don't wait too long to register...

Many of these classes have limited openings and fill quickly on a first-come, first-served basis. On occasion, we cancel a class due to low enrollment and we don't know you are planning to register at the last minute. Either way - you might miss out. We recommend registering early - when you know you want to experience the program. See pages 8-11 on how to register today.

Isshynru Karate

(Ages: 8 yrs to Adult)

A super program for adults and children alike (you must be at least 8 years old) to help develop coordination, muscle tone, and self-confidence. Mike does more than teach the basic karate movements; he also works on discipline and respect for others. It's a fun, inexpensive way to experience all the value of a martial arts program. And parents, you can take it with your kids — you'll both have fun, and learn something too! (No class Oct. 9th.)



Evening Karate

2530.112 Mon/ Wed, Sep 11 - Oct 4 5:30pm-6:30pm

2530.111 Mon/Wed, Oct 16 - Nov 8 5:30pm-6:30pm

2530.104 Mon/Wed, Nov 13 - Dec 6 5:30pm-6:30pm

Saturday Karate

2530.116 Sat, Sep 9 - Sep 30 10:00am-12:00pm

2530.115 Sat, Oct 7 - Oct 28 10:00am-12:00pm

2530.114 Sat, Nov 4 - Nov 25 10:00am-12:00pm

2530.113 Sat, Dec 2 - Dec 23 10:00am-12:00pm

4 Week Sessions each (No class 10/9)

\$30 City, \$40 Non-City Resident

Dorothy Hart Community Center

Instructor: Mike Morton

Registration begins: 8/21 City 8/28 Non-City

Junior Karate Classes - We offer Junior Karate for Ages 5 to 8 years. See listing on Children's Pages, p. 21.

Adult Fencing

(Ages: 17 yrs to Adult)

Try out this new program! Our trained instructors teach you the fundamentals of this sophisticated sport. Learn stances and how to foil. At registration you can opt to rent equipment or bring your own. Take this opportunity to get off the couch and learn something new. Class size is limited, sign up today!



4444.102 Tue, Sep 12 - Oct 17 7:45pm-8:45pm

4444.104 Tue, Nov 14 - Dec 19 7:45pm-8:45pm

6 Week Sessions each

\$45 City, \$60 Non-City Resident, plus \$20 equipment rental

Dorothy Hart Community Center

Instructor: Dan Taylor-McNally

Registration begins: 8/21 City 8/28 Non-City

Belly Dance Basics I w/ Anthea

(Ages: 12 yrs to Adult)

Anyone may join this introductory class! Class includes breathwork, static and ballistic stretches, and weight-bearing dance activity - you'll feel the results immediately! Beginner 1 classes can be taken as stand-alone fitness classes or as a stepping stone to higher-level classes. No class Nov. 23.

3722.116 Thur, Sep 7 - Sep 28 7:30pm-8:30pm
 3722.117 Thur, Oct 5 - Oct 26 7:30pm-8:30pm
 3722.118 Thur, Nov 2 - Nov 30 7:30pm-8:30pm
 4 Week Sessions each for \$32 City, \$43 Non-City Resident

3722.122 Thur, Dec 7 - Dec 14 7:30pm-8:30pm
 2 Week Session for \$16 City, \$24 Non-City Resident
 Dorothy Hart Community Center Instr: Anthea Poole
 Registration begins: 8/21 City 8/28 Non-City

Belly Dance Basics II w/ Anthea

(Ages: 12 yrs to Adult)

Learn Anthea's "Bellyrobics" warm-up, basic isolations and footwork- simple combinations will have you dancing in no time! Suitable for those who want to review the foundation of both Oriental dance and Tribal Odyssey Bellydance. Must have recommendation of instructor. No class Nov. 23.

2722.134 Thur, Sep 7 - Sep 28 8:30pm-9:30pm
 2722.135 Thur, Oct 5 - Oct 26 8:30pm-9:30pm
 2722.136 Thur, Nov 2 - Nov 30 8:30pm-9:30pm
 4 Week Sessions each for \$32 City, \$43 Non-City Resident

2722.133 Thur, Dec 7 - Dec 14 8:30pm-9:30pm
 2 Week Session for \$16 City, \$24 Non-City
 Dorothy Hart Community Center Instr: Anthea Poole
 Registration begins: 8/21 City 8/28 Non-City

Intermediate Belly Dance w/ Anthea

(Ages: 12 yrs to Adult)

Besides dance skills, you'll learn about various styles, dance composition, background history, music interpretation, and traditional dance rhythms. Performance opportunities for promising students. Must have instructor approval

3722.119 Wed, Sep 6 - Sep 27 8:00pm-9:00pm
 3722.123 Wed, Oct 4 - Oct 25 8:00pm-9:00pm
 3722.125 Wed, Nov 1 - Nov 22 8:00pm-9:00pm
 4 Week Sessions each for \$32 City, \$43 Non-City Resident

3722.127 Wed, Dec 6 - Dec 13 8:00pm-9:00pm
 2 Week Session for \$16 City, \$24 Non-City Resident
 Dorothy Hart Community Center Instr: Anthea Poole
 Registration begins: 8/21 City 8/28 Non-City

Belly Dance Basics I w/ Karen

(Ages: 12 yrs to Adult)

Need to learn a new dance and want to stay in shape too? Learn the basics of this ancient art form to improve fitness, increase flexibility and help relieve stress. Students in this basic class follow the instructor through movements at their own fitness ability. No class Oct. 9.

3722.121 Mon, Sep 11 - Sep 25 7:00pm-8:00pm
 3 Week Session for \$24 City, \$30 Non-City Resident

3722.138 Mon, Oct 2 - Oct 23 7:00pm-8:00pm
 3722.139 Mon, Nov. 6 - Nov. 27 7:00pm-8:00pm
 4 Week Sessions each for \$32 City, \$43 Non-City Resident
 Dorothy Hart Community Center
 Instructor: Karen Sullivan
 Registration begins: 8/21 City 8/28 Non-City



Belly Dance Basics II w/ Karen

(Ages: 12 yrs to Adult)

If you have taken Basics I and just can't get enough - then take Belly Dance Basics II. It builds upon skills developed in Basic I with a focus on simple combinations. No class Oct. 9.

3722.130 Mon, Sep 11 - Sep 25 8:00pm-9:00pm
 3 Week Session for \$24 City, \$30 Non-City Resident

3722.141 Mon, Oct 2 - Oct 30 8:00pm-9:00pm
 3722.140 Mon, Nov 6 - Nov 27 8:00pm-9:00pm
 4 Week Session for \$32 City, \$43 Non-City Resident
 Dorothy Hart Community Center
 Instructor: Karen Sullivan
 Registration begins: 8/21 City 8/28 Non-City

Advanced Belly Dance w/ Anthea

(Ages: 12 yrs to Adult)

Classes develop advanced dance skills, including stage presence and focused relaxation; increase background knowledge and understanding of the dance. Enrollment by recommendation of the instructor.

3722.126 Wed, Sep 6 - Sep 27 7:00pm-8:00pm
 3722.128 Wed, Oct 4 - Oct 25 7:00pm-8:00pm
 3722.129 Wed, Nov 1 - Nov 22 7:00pm-8:00pm
 4 Week Sessions each for \$32 City, \$43 Non-City Resident

3722.131 Wed, Dec 6 - Dec 13 7:00pm-8:00pm
 2 Week Session for \$16 City, \$24 Non-City Resident
 Dorothy Hart Community Center
 Instructor: Anthea Poole
 Registration begins: 8/21 City 8/28 Non-City

Line Dance

(Ages: 16 to Adult)

Love to dance, but don't have a partner? Well, in Linda's Line Dance classes you don't need one! You can get some great exercise without "working out." From 12:30 - 1:30pm Linda teaches low impact line dances with variations that are great for first time dancers and Senior Citizens. From 1:30pm - 3:00pm she teaches moderate to high impact line dances for those people with more experience. No Partner or experience needed. Variations are shown, so you can pick your own pace & style. Wear light comfortable clothes and tennis shoes. No class November 10 or November 24.

DROP-IN ANYTIME!

Fridays, Aug 25 - Dec 15 (No class Nov. 10 or Nov. 24)

12:30pm - 1:30pm - Low Impact

1:30pm - 3:00pm - Moderate & High Impact

\$4 City or Non-City Resident per week per person

Dorothy Hart Community Center

Instructor: Linda Conlin

Register on a weekly basis.

Square Dance

The Rappahannock Twirlers will dance the 1st and 3rd Saturdays this fall at the Community Center. For more information, give the Twirlers a call at (540) 786-2683.



Round Dance

This is a Choreographed Ballroom/Social Dancing without the competition. We stress fun as well as teach the different rhythms. If you have 2 left feet, this is for you! If you can't keep time with music, NO PROBLEM! Please wear soft soled shoes to protect the wood floor as well as for dancing ease. Questions? Contact Nana @ (703) 670-3063.

Starts September 18 - Meets weekly

Beginner: Mondays, 7:00pm - 8:00pm

Intermediate: Mondays, 8:00pm - 9:00pm

\$5 City or Non-City Resident per week, register weekly

Dorothy Hart Community Center

Instructors: Nana & Tim Eum

Help save our floors!

Please wear soft-soled shoes when taking dance classes at the Community Center.

Beginning Swing, Jitterbug, & Rock

(Ages: 16 yrs to Adult)

Don't waste time watching! Get up and enjoy the music. Learn the basic steps of Jitterbug or Swing. Leonard will show you the basic patterns, turns, routines, and skills to be the best-looking couple on the floor. You'll be hooked on Swing and dancing to all those Big Band Sounds as well as the music of the 50's and 60's. The way Swing dancing has caught on, don't you think you should give it a try? It's the most popular music for dancing! Only a limited number of singles will be accepted. Wear SOFT-SOLED shoes.



3340.104 Wed, Sep 6 - Sep 27 6:30pm-7:30pm

3340.110 Wed, Oct 4 - Oct 25 7:30pm-8:30pm

3340.111 Wed, Nov 1 - Nov 22 6:30pm-7:30pm

4 Week Sessions each

\$32 City, \$43 Non-City Resident per person per session

Dorothy Hart Community Center

Instructor: Leonard Mara

Registration has already begun for Sept. Session.

Registration begins: 8/21 City and 8/28 Non-City for Oct-Nov.

Ballroom Dance

(Ages: 16 yrs to Adult)

Has the "Dance with the Stars" show inspired you? Well here's your chance to get out on the dance floor and learn some of the steps they do on TV. This is an introduction to the basics of dancing which allows the student to gain confidence in his or her ability on the dance floor. Basic step patterns include the Fox Trot, Waltz, Cha-Cha, Rhumba, Merengue, Salsa and Swing. Only a limited amount of singles will be accepted. Wear SOFT-SOLED shoes.



3310.101 Wed, Sep 6 - Sep 27 7:30pm-8:30pm

3310.110 Wed, Oct 4 - Oct 25 6:30pm-7:30pm

3310.111 Wed, Nov 1 - Nov 22 7:30pm-8:30pm

4 Week Sessions each

\$32 City, \$43 Non-City Resident per person per session

Dorothy Hart Community Center

Instructor: Leonard Mara

Registration has already begun for Sept. Session.

Registration begins: 8/21 City and 8/28 Non-City for Oct-Nov.